Recitation of the Claims:

1. (currently amended) A method for preventing or inhibiting stress or urge urinary incontinence comprising:

administering to a human, a composition comprising soy protein material containing at least one isoflavone selected from the group consisting of genistein, daidzein, glycitein, biochanin A, formononetin, their naturally occurring glycosides, their naturally occurring glycoside conjugates, or mixture thereof in an amount which is effective to prevent or inhibit stress or urge urinary incontinence in said human, wherein said composition is administered to said human in an amount effective to elevate the level of said isoflavone in said human, where an elevated level of said isoflavone in said human is indicated by a blood concentration of at least 50 ng/ml of said isoflavone and primary metabolites of said isoflavone, further wherein said composition is not administered in combination with estrogen.

2. canceled

3. (original) The method of claim 1, wherein the isoflavone is administered in an amount of from about 2 to about 1500 milligrams per day.

4. (original) The method of claim 1, wherein the isoflavone is administered in an amount of from about 25 to about 1000 milligrams per day.

5. (original) The method of claim 1, wherein the isoflavone is administered in an amount of from about 50 to about 500 milligrams per day.

6. (original) The method of claim 1, wherein said isoflavone in said composition is genistein, daidzein, or a mixture thereof.

7. canceled

8. (original) The method of claim 1, wherein said composition is a pharmaceutical or a dietary supplement composition containing an excipient and

said isoflavone.

9. (original) The method of claim 8, wherein said pharmaceutical or dietary supplement composition is a pill or a capsule.

10. (original) The method of claim 8, wherein said pharmaceutical or dietary supplement composition is a suspension or a solution.

11. (original) The method of claim 10, wherein said pharmaceutical composition is capable of being administered subcutaneously.

12. (original) The method of claim 10, wherein said pharmaceutical composition is capable of being administered transdermally.

13. (original) The method of claim 8, wherein said pharmaceutical or dietary supplement composition is capable of being administered orally.

14-15 canceled

16. (previously presented) The method of claim 1, wherein said human is a male.

17. (previously presented) The method of claim 1, wherein said human is a female.

18. (currently amended) A method for preventing or inhibiting stress or urge urinary incontinence comprising: administering to a human, a composition comprising a combination of a soy protein material and at least one isoflavone selected from the group consisting of genistein, daidzein, glycitein, biochanin A, formononetin, their naturally occurring glycosides, their naturally occurring glycoside conjugates, or mixture thereof in an amount which is effective to prevent or inhibit stress or urge urinary incontinence in said human, <u>wherein said composition is administered to said human in an amount effective to elevate the level of said isoflavone in said human, where an elevated level of said isoflavone in said human is indicated by a blood concentration of at least 50 ng/ml of said</u>

isoflavone and primary metabolites of said isoflavone further wherein said composition is not administered in combination with estrogen.

19. (previously presented) The method of claim 18, wherein said human is a male.

20. (previously presented) The method of claim 18, wherein said human is a female.

21. (new) A method for preventing or inhibiting stress or urge urinary incontinence comprising:

administering to a human, a composition comprising soy protein material containing at least one isoflavone selected from the group consisting of daidzein, formononetin, their naturally occurring glycosides, their naturally occurring glycoside conjugates, or mixture thereof in an amount which is effective to prevent or inhibit stress or urge urinary incontinence in said human, wherein said composition is administered to said human in an amount effective to elevate the level of said isoflavone in said human, where an elevated level of said isoflavone in said human is indicated by a blood concentration of at least 50 ng/ml of said isoflavone and primary metabolites of said isoflavone.